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## THINGS YOU NEED TO KNOW

### RUSSIA WILL CUT DEFENSE BUDGET BY 5 PERCENT

Russia's defense budget will be cut by 5 percent in 2016, Russian Deputy Defense Minister Tatiana Shevtsova said, according to the RIA news agency. Defense spending has been growing as part of a drive by President Vladimir Putin to restore Russia's military might. The decision to cut shows, however, that even the armed forces are not immune to a slowing Russian economy, which has been hit by falling oil prices and Western sanctions. The 5 percent cut, if approved by Putin, would be the biggest reduction in defense spending since he took office in 2000. In 2011, while prime minister, he announced plans to revitalize the Russian army and its aging equipment by spending 23 trillion rubles by 2020. Military interventions in Ukraine and Syria have made strengthening the military an even greater priority for the Kremlin. The cut represents a victory for the finance ministry, which has said Russia can no longer afford the multi-billion-dollar revamp of the armed forces and called for a 10 percent spending reduction across ministries. **REUTERS**



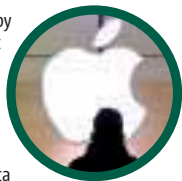
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### US NATIONAL GUARD MAY JOIN CYBER OFFENSE AGAINST ISLAMIC STATE

Defense Secretary Ash Carter said the National Guard's cyber squadrons will play an increasingly important role in assessing the vulnerabilities of U.S. industrial infrastructure and could be asked to join the fight against Islamic State. The National Guard — a reserve military force that resides in the states but can be mobilized for national needs — is a key part of the military's larger effort to set up over 120 cyber squadrons to respond to cyber attacks and prevent them. One such unit, the 262nd squadron, is a 101-person team that includes employees of Microsoft Corp. and Alphabet Inc.'s Google. The unit is "famous throughout the country" for several high-profile vulnerability assessments, Carter said at the Joint Base Lewis-McChord in Tacoma, Washington. **REUTERS**

### RANSOMWARE CAMPAIGN

Apple Inc. customers were targeted by hackers over the weekend in the first campaign against Macintosh computers using a pernicious type of software known as ransomware, researchers with Palo Alto Networks Inc. told Reuters on Sunday. Ransomware, one of the fastest-growing types of cyber threats, encrypts data on infected machines, then typically asks users to pay ransoms in hard-to-trace digital currencies to get an electronic key so they can retrieve their data. Security experts estimate that ransoms total hundreds of millions of dollars a year from such cyber criminals, who typically target users of Microsoft Corp.'s Windows operating system. **REUTERS**

Trevon Blondet, right, and KingBee standing in front of his work on Jerome Avenue, down the street from the New Settlement Community Center. **TRACY LEE**

## The changing face of the Bronx on exhibit

The Bronx Photo League has put together a traveling exhibit because "nothing lasts forever."

out of the community they once knew.

The Bronx Photo League, a project of the Bronx Documentary Center, has set out to document the changing face of one of the remaining working-class neighborhoods in New York City.

"Jerome Avenue felt like a place where all these conversations about gentrification were coming together," said Michael Kamber, founder and executive director of the Bronx Documentary Center.

"It's going to change things," KingBee tells Metro. "This was my stomping grounds."

"But nothing lasts forever," he says.

A sliver gelatin darkroom print of KingBee —



onymous with the Bronx.

"Everything goes back to my childhood," he told Metro. Along with the other photo displayed, he shot the local Bronx diner, Munch Time, where he sometimes ate during elementary school. The images offer a retrospective for the Bronx native where it all intersected through Jerome Avenue.

During seven months of shooting on Kodak

was of a mechanic named Jose from El Salvador.

"He supports a large family through his work. He came to the Bronx [after fleeing] the war in El Salvador 30 years ago," Kamber said. "The Bronx had been his refuge, this story had embodied a lot that was out there and the types of stories we wanted to tell."

A smaller version of the display, which wrapped up at the Settlement Center during the last week of February, will be shown at

the Bronx Arts Space from March 3 to 26. It will then move to Bushwick in April.

"We're trying to display a lot of the really proud traits and workers in the Bronx. The Bronx is changing quickly. We want to show there are people here, people raising families, working ... who have a lot of pride in their work. We're trying to promote and display it," Kamber said.

*"We're trying to display a lot of the really proud traits and workers in the Bronx. The Bronx is changing quickly."* Kamber

clad in a respirator mask on that same avenue with his graffiti of a BatBee — was recently displayed in the Jerome Avenue Workers Project right across the street at the New Settlement Community Center.

"We knew we had to do something as photo documentarists," said photographer Trevon Blondet, a Bronx native.

For Blondet, who grew up seeing KingBee's graffiti, the street art was syn-

Tri-X negative film with Hasselblad cameras and lenses, 18 photographers captured the Bronx on black-and-white photos.

Echoing in the photo exhibit is the pride that people take in working with their hands.

"The photos are made by hand, the film made by hand, the prints made by hand. We wanted to echo that process," Kamber said.

One of the first photos



# Planned Service Changes



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Call 511 and say “Current Service Status,” look for informational posters in stations, or visit [mta.info](http://mta.info) – where you can access the latest Planned Service Changes information, use TripPlanner<sup>+</sup>, and sign up for free email and text alerts.



# Former first lady Nancy Reagan dies at age 94



The cause of death was congestive heart failure, said a spokeswoman for the Reagan Presidential Library. She died at her Los Angeles home.

Nancy Reagan, the former actress who was fiercely protective of husband Ronald Reagan through a Hollywood career, eight years in the White House, an assassination attempt and her husband's Alzheimer's disease, died on Sunday at age 94.

"She is once again with the man she loved," her stepson Michael Reagan wrote on Twitter.

Reagan became one of the most influential first ladies in history during



Nancy Reagan throws the first pitch alongside kids from a "Just Say No" club at Game 1 of the 1988 World Series in Los Angeles' Dodger Stadium. GETTY IMAGES

her Republican husband's presidency from 1981 to 1989.

Her husband, who affectionately called her "Mommy" while she called him "Ronnie," died in 2004 after a long struggle with Alzheimer's, the progressive brain disorder that destroys memory.

As news of Nancy Reagan's death spread, tributes poured in from Washington to Hollywood.

President Barack Obama, a Democrat, and first lady Michelle Obama said Nancy Reagan redefined the role of first lady.

"Nancy Reagan once wrote that nothing could prepare you for living in the White House," the

Obamas wrote in a joint statement on Sunday. "She was right, of course. But we had a head start, because we were fortunate to benefit from her proud example, and her warm and generous advice."

Former first lady Barbara Bush said she and her husband, former President George H.W. Bush, who was vice president under Reagan, took comfort in knowing Nancy Reagan would be reunited with her husband, the late president.

The Hollywood glitterati weighed in on social media, many of them grieving the passing of an icon they remembered having grown up in the Reagan era.

"I sat near #Nancy Reagan once and felt like a teenager seeing one of

my idols. She was a BOSS," wrote actress Elizabeth Banks of "The Hunger Games" fame.

Republican candidates for the 2016 presidential nomination, from businessman Donald Trump to Sen. Ted Cruz of Texas, also conveyed their sympathies. The ghost of Ronald Reagan, who remains deeply popular among Republican voters, has hovered over the campaign as in previous years, with party candidates vying to claim the mantle of Reagan's legacy.

A Republican debate in September took place at the Ronald Reagan Presidential Library in Simi Valley, California, with an Air Force One jet providing a memorable backdrop.

Nancy Reagan will be buried next to her husband at that library.

The public would have a chance to pay their respects prior to the funeral service, with details to come shortly.

Nancy Davis was a Hollywood actress during the 1940s and 1950s and married Reagan, a prominent film actor, in 1952. She then served as first lady of California during her husband's stint as California's governor from 1967 to 1975 before moving into the White House after his decisive victory over incumbent Democratic President Jimmy Carter in 1980.

Her most publicized project as first lady was the "Just Say No" anti-drug campaign. After her husband developed Alzheimer's disease, she became an advocate for discovering a cure.

REUTERS

## Ronald's long journey

The former president's Alzheimer's struggle made Mrs. Reagan a campaigner for broader human embryonic stem cell research, a stand that put her at odds with many Republicans.

"Ronnie's long journey has finally taken him to a distant place where I can no longer reach him. Because of this, I'm determined to do whatever I can to save other families from this pain," she said before his death in 2004.

Some critics dismissed her "Just Say No" efforts as simplistic but she became America's most visible anti-drug crusader at a time when the crack cocaine epidemic was raging.

In 1988, she addressed the U.N. General Assembly, saying the United States must do more with tougher law enforcement and anti-drug education efforts and should stop blaming the poor nations that produce most of the narcotics used by Americans.

"We will not get anywhere if we place a heavier burden of action on foreign governments than on America's own mayors, judges and legislators. You see, the cocaine cartel does not begin in Medellin, Colombia. It begins in the streets of New York, Miami, Los Angeles and every American city where crack is bought and sold," she told the General Assembly. REUTERS



Ronald and Nancy Reagan at the premiere party for the film "Moby Dick" in 1956. GETTY IMAGES



Former first lady Nancy Reagan touches the casket of her husband, former President Ronald Reagan, during his state funeral on Capitol Hill June 9, 2004, in Washington, D.C. GETTY IMAGES

## Nancy Reagan 'redefined the role' of first lady: Obama

President Barack Obama and his wife, first lady Michelle Obama, offered condolences on the death of Nancy Reagan on Sunday, saying she "redefined the role" of first lady and became a strong advocate for Alzheimer's research.

"Nancy Reagan once wrote that nothing could prepare you for living in the White House," the Obamas wrote in a joint statement on Sunday after news of Reagan's death in California.

"She was right, of course. But we had a head start, because we were fortunate to benefit from her proud example, and her warm and generous advice."

"Our former first lady

redefined the role in her time here. Later, in her long goodbye with President Reagan, she became a voice on behalf of millions of families going through the depleting, aching reality of Alzheimer's, and took on a new role, as advocate, on behalf of treatments that hold the potential and the promise to improve and save lives.

"We offer our sincere condolences to their children, Patti, Ron, and Michael, and to their grandchildren. And we remain grateful for Nancy Reagan's life, thankful for her guidance, and prayerful that she and her beloved husband are together again."

REUTERS



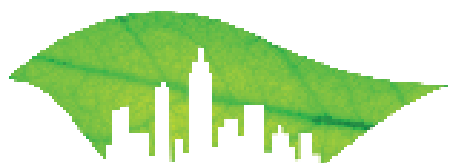
Former first lady Nancy Reagan listens to President Barack Obama speak during a bill signing in the Diplomatic Reception Room of the White House June 2, 2009, in Washington, D.C. GETTY IMAGES

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The Old Stone House often hosts cultural events, including theater productions. ALL PHOTOS ROBERT LEVINE



Old Stone House

## If you go

Shout it to the Rooftops: A Hamilton Singalong  
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Theoldstonehouse.org

# Sing 'Hamilton' in the house where the Revolutionary War began

The Old Stone House in Washington Park is holding a benefit singalong.



EVA KIS  
@thisiskis  
eva.kis@metro.us

One of the darkest hours of the Revolutionary War is commemorated in the musical "Hamilton," when 32,000 British troops arrived in New York Harbor for what would be the Battle of Brooklyn.

Though then-General George Washington's inferior force of 10,000 inexperienced men would lose that day in 1776, a valiant stand by 256 of his troops at the Old Stone House ensured their safe retreat, and with it the Colonies' eventual victory.

That house still stands

in Park Slope's Washington Park — and if your "Hamilton" lyrical knowledge is ready for prime time, they'll be hosting a benefit singalong on Monday night.

"It's going to be very informal; it's the first time we've ever done anything like it," says Kim Maier, executive director of the Old Stone House. "It's one step up from your living room."

The entire room is encouraged to sing along once the soundtrack begins playing at 7 p.m., with the lyrics helpfully projected on a large screen. Refreshments including beer, wine and a Colonial Cocktail will be sold, and while admission is free, attendees are asked to donate what they can to benefit The International Rescue Committee, a New York-based aid organization



The Old Stone House can fit about 80 in its main room, so get there early.

providing relief to victims of humanitarian crisis situations.

Besides its role in the Battle of Brooklyn, the Old Stone House itself actually tells the story of a similar time in New York City history. The Continental Army's defeat began a dark period for residents, who lived under British occupation all through the conflict until their last ships left in 1783. "The occupation

was quite ugly," says Maier, with troops quartered in colonial homes and all agriculture and livestock tied to the British.

"The whole idea of the house, through bearing witness to this battle and what it meant to be living in Brooklyn through the occupation, is a really interesting conversation," explains Maier, "especially for Brooklyn schoolchildren, many of whom have come from

countries that have experienced their own struggles for democracy, whose families have lived through an occupation."

Though the singalong is not affiliated with the musical, it does fit well with the Old Stone House's other creative programming, including summertime theatrical productions on its grounds that have included "Bloody Bloody Andrew Jackson." But most days, it hosts more mundane kinds of American activity.

After being rebuilt in the 1930s and opening as a museum in 1997, the OSH holds civic council meetings, community gatherings and cultural programs most days. It commemorates the battle on its grounds every August, though this year will be a bit more special for its 240th anniversary,

including the opening of a new exhibit.

In this, the OSH and "Hamilton" share a common goal: forging a contemporary link to Revolutionary-era history. "As a show, this incredibly relevant conversation [about the ugliness of politics] and the diversity that Lin-Manuel Miranda has brought to these characters is great and it's made it very accessible, this history that often makes people's eyes roll back in their head," she chuckles.

But for her, the story won't be complete until Hamilton's friend and rival Aaron Burr gets his due. "I just think that he has a little bit of the underdog about him, and he gets a little bit of a bad rep along the way," she explains. "History's from the perspective of the teller, and there are two sides to every story."

## WEATHER WATCH: CAN WE START SINGING 'PUT AWAY THE SHOVELS, THE SNOW IS OVER'?

I'm going to date myself here and go back in time to "Monday Night Football," when Dandy Don Meredith would start singing "Turn out the lights, the party's over" when we all knew the verdict was in on the outcome of the game.

Well, can we start singing "Put away the shovels, the snow is over"?

I would say yes, with one caveat: March is notorious for surprises, but from all the signals I see the chances of a

### Bolaris' Weather Watch



JOHN BOLARIS  
@weathersavior

significant snowstorm of 4 inches or more are minimal at best.

With that being said, there is one week in March that will merit some watching.

During March 23-28, the arctic oscillation will dip slightly negative, which is an indicator of colder temps, and

at the same time models have been consistent with developing a storm system that would move in from the Southern Plains and perhaps spread a wintry mix.

The best chance of accumulating snow or ice would be across the higher elevations and the mountains, but not along the I-95 corridor.

And a departing storm on or about Monday, March 14, could leave a wet accumulation across interior sections of New England. If anything changes, my

readers will be the first to know.

However, as of now, get ready for a big dose of spring fever this week. After a beautiful Monday with temperatures climbing well into the 50s, the midweek period will see readings bloom into the 70s across much of the Northeast with the exception of coastal locations.

New York City should hit the 70-degree mark on Wednesday, however, Boston will fall shy of 70. Unseasonably

warm temperatures will remain right through Thursday until rain and cooler temps arrive by week's end.

### BONUS OUTLOOK:

St. Patrick's Day, as of now, looks dry for Philly, New York and Boston with the lucky thermometer dancing in the 60s for most areas.

I will continue to watch it closely, and if anything changes you can always catch my latest thinking on Twitter @weathersavior.

### NYC weather

Put away the winter coats as a dose of spring fever moves in.

We paint the skies blue Monday along with plenty of sunshine as temperatures top off near 55.

Tuesday: Bright, blue, and beautiful with a high of 64.

Wednesday: A spring breeze as temperatures climb toward 70, except for coastal sections.

Thursday: Windy, afternoon or late-day showers with a high of 66.

Friday: Clearing, windy and cooler, but not bad. A high of 53.

Long-range outlook for St. Patrick's Day: A windy and dry 60, showers by day's end or at night.

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Taxes can be even more taxing for the young. FILE PHOTO

# Growing pains for NY millennial taxpayers

Preparation pros say the young are ill-equipped and ask too few questions.

The typical millennial tax client that accountant Jeffrey Gentner sees in Buffalo, New York, is often dragged along by mom or dad to suffer through the process.

Gentner had one such family in his office recently — a dad who brought in three sons, aged 25, 28 and 33. They just sat there while Gentner did all the returns. Then dad paid the bill and even wrote the check for the money the middle son owed to the state.

"The kids don't ask any questions. I try to address them — sometimes it works and sometimes it doesn't," Gentner says.

Taxes for adults under 35 are not going away, and they are likely to get more complicated with age.

A study released today by the financial site Nerdwallet.com finds that 80 percent of millennials have concerns about the tax filing process, mostly regarding making a mistake. Nevertheless, only 17 percent are likely to hire a professional, compared to the national average of 29 percent.

This is a lesson that Phil Bergevin, a 28-year-old restaurant worker in Williamsburg, Brooklyn, learned over the past three years of doing his own taxes. Bergevin is still paying off the \$1,000 he owed when his employer did not take out the correct withholding from his paychecks.

This year, Bergevin is turning to his former roommate, CPA Shane Mason, also 28, to do his taxes.

The clients that Mason sees are no slackers living at home, but are hustling day jobs and side gigs to make it in New York.

To reach more millennials, Mason recently set up shop at a booth in a friend's bar in Bushwick, charging \$135 and up per return.

Claiming student loan interest is a big issue for Mason's clients.

"They bring me their documents and have no idea how it's going to affect them," Mason says.

The interest amount is reported to the individual by their lender and needs to be added to the 1040 form. But there is a maximum amount of \$2,500 in interest that can be claimed, and the income cap starts at \$65,000.

*"The kids don't ask any questions. I try to address them — sometimes it works and sometimes it doesn't."*

Gentner

Some of Mason's clients, given the cost of living, make too much to qualify, and sometimes pay more in interest than the limit.

Another issue that crops up is the penalty for not having health insurance. Many of Mason's freelance clients cannot afford plans on the state's marketplace and end up taking the \$400 penalty. Others underestimate their income to get subsidies through the Affordable Care Act and owe money.

"I don't have any sob stories about anyone losing a limb and not having health insurance, but people think they were going to get a small refund, and then all the sudden owe \$100 because of the penalty," Mason says.

Sorting through education tax credits is complicated for both millennials and their parents and is the subject of many tomes.

But the main concern for Vlad Lapochkin, an enrolled agent who prepares taxes in Las Vegas, is the number of IRS inquiries for proof of paid tuition and fees that come after the fact.

The notices come with payment vouchers for people who have claimed a credit but might not have qualified for it, and his clients get frightened that they owe thousands.

"Some just write a check and send it back," Lapochkin says, even though he can usually clear everything up by sending the required information. **REUTERS**

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# Gov. Andrew Cuomo announces \$672.9M in funding for NYC hospitals, clinics

The funding is part of a \$1.5 billion commitment made to health care providers throughout the state.



ANGY ALTAMIRANO  
@MetroNewYork  
letters@metro.us

Health care facilities throughout New York City will soon go through a serious transformation.

Gov. Andrew Cuomo announced on Friday that \$672.9 million in funding would be awarded to 73 health care projects — with the goal of dramatically renovating and improving the delivery of health care throughout the city.

The city's funding is part of New York state's total investment of \$1.5 billion to help health care providers statewide. The money will go toward important capital and infrastructure improvements at hospitals and clinics.

"We have a responsibility to continue to make critical capital and infrastructure improvements that transform our health care system into one of sustainability with a deep focus on improving patient care and delivery of vital services," Cuomo

said. "This funding allows them to do just that and is yet another example of how New York is leading the nation in adapting to meet 21st century health care needs."

The grant awards for the projects are made through the Capital Restructuring Financing Program and Essential Health Care Provider Support Program — created to support the goals of the \$7.3 billion Delivery System Reform Incentive Program (DSRIP).

DSRIP aims to reduce health care costs, improve the health of New Yorkers, reduce avoidable hospital admissions and emergency room visits by 25 percent by 2020 and provide financial stability.

"Restructuring New York's vast health care system will require extensive structural changes to our facilities as well as new approaches to the delivery of health care," said State Health Commissioner Dr. Howard Zucker. "These funds will help us balance systemwide reforms with the preservation of essential health care services during this time of change."

The New York City regional projects that will receive funding include Montefiore Medical Center, which is getting over

\$10 million for the expansion of a school health program; Uptown Health Care Management, Inc. which received over \$11 million for its primary care expansion; and Wyckoff Heights Medical Center which received over \$58 million in funding.

The largest amount of funding — over \$300 million — was awarded to the New York City Health and Hospitals Corporation for improvements in the IT system, patient engagement and contact center, and much more.



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## BRIEFS

### Man pushes teen onto tracks in front of oncoming train in Queens: NYPD

Police are looking for a suspect they said pushed a 17-year-old girl onto subway tracks in front of an oncoming train Saturday night at a Queens subway station. On March 5 at about 8:39 p.m., the victim was on the westbound 7 train platform at the Roosevelt Avenue and 103rd Street subway station when a man approached her from behind and pushed her onto the track area as a train was approaching, according to authorities. The train's motor-man saw the teen on the tracks and was able to activate the emergency brake, police said. The girl positioned herself between the platform and the wheels of the train.

The teen was taken to Elmhurst hospital with only minor injuries. Police described the suspect — who fled from the mezzanine area of the station



NYPD

toward the street area — as a Hispanic man, in his mid to late 20s, and 5-feet-5. He was last seen wearing a black jacket, white T-shirt, gray pants and white sneakers. Authorities have released video of the suspect fleeing the scene. Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS or for Spanish 1-888-57-PISTA (74782). The public can also submit their tips by logging onto the Crime Stoppers Website or texting their tips to 274637 (CRIMES) then enter TIP577. **ANGY ALTAMIRANO**



## RACE FOR THE WHITE HOUSE



# BATTLE SCARS

After a wild weekend of voting and debating, the ranks of presidential hopefuls have been bloodied if not yet quite bowed. Don't count on anyone dropping out this week, but some of the campaigners are staggering badly. That leads my three things to watch this week in politics.

### 1. ELIMINATION ROUNDS:

Ted Cruz is crowing about his weekend wins as well he might. His victories came after a generally strong week that seems to have cemented him as the chief challenger to Donald Trump. The front-runner, meanwhile, is bragging about his wins too ... and trying to rebound from the losses. But what about Marco Rubio and John Kasich? Michigan, Mississippi, Hawaii and Idaho are coming up Tuesday for the GOP, and if those two trailing candidates don't somehow produce stronger numbers the drumbeat will grow considerably louder for them to give it up and go home.

## TOM FOREMAN

### Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



Ted Cruz

**2. RUNAWAY TRAIN:** For the Dems, Hillary Clinton's delegate lead keeps growing. Bernie Sanders is still hanging in there, but he also must do much better when the Dems vote this week. Mississippi is unlikely to help him. His real target: Michigan. If he does well there, watch the bounce come back into his step at least a little bit. If not? She starts looking a lot more like a train pulling out of the station that he can't catch no matter how hard he runs.

**3. PICKING SIDES:** As the race tightens, so does the scramble to pick sides — especially for the GOP. Last week a series of broadsides were fired at Trump by members of his own party, and after this weekend's vote you can watch for the attacks to keep coming. It is not clear that they've really done any damage to the New York billionaire, but the establishment Repubs are watching his delegates mount and getting desperate to stop him.

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# Award-Winning Vein Clinic Announces Opening of New Office in Astoria

## Nation's only coast-to-coast vein clinic offers minimally invasive varicose vein treatments

Astoria, New York, — February 8, 2016: USA Vein Clinics, the only coast-to-coast vein clinic system in the United States, has announced its plans to open a new office in Astoria. This brings to 32, the number of offices that the award winning USA Vein Clinic has across the country. The new office is located at 30-33 Steinway, in Astoria. USA Vein Clinics (USAVC) has been voted "Best Vein Clinic" numerous times because of the advanced medical treatments it offers and its documented 100% customer satisfaction rating from patients with varicose veins and other venous insufficiency conditions. The ability to detect and treat potentially life-threatening venous insufficiency conditions is one of the reasons why USAVC is the only clinic with office locations spanning the nation.

USAVC provides the most advanced, minimally invasive varicose vein treatments available on the market today, including Endovenous Laser Therapy (EVLT). Both of these procedures have a proven track record of positive outcomes and the highest documented rates of reduced pain and increased patient comfort. The skill of USAVC specialists is proven by the positive outcomes experienced by patients. "We are fortunate to have vascular specialists with the skill and experience to detect and stop potentially fatal venous insufficiency conditions in their tracks," said USA Vein Clinics founder Yan Katsnelson, MD. "While many patients believe their problem is aching varicose veins, we sometimes find that another much more serious, and

potentially life threatening venous insufficiency condition is lurking in the background, such as peripheral arterial disease (PAD). "We detect and treat these conditions, and return our patients to healthy lives."

Anyone experiencing leg aches or cramps, heaviness in the legs, restless leg syndrome, itching or burning in the legs, discoloration or non-healing wounds in the legs or ankles are urged to call and schedule a consultation immediately, even if they do not have significant varicose or spider veins.

"Even though Venous Insufficiency can be serious," said Dr. Katsnelson, "treatment is quick, painless, effective, non-invasive and covered by Medicare and most insurance plans.

To find out more about the symptoms of Venous Insufficiency, or to schedule a minimally invasive treatment for varicose or spider veins, call USA Vein Clinics at **917-717-5135**, or log onto [www.usaveinclinics.com](http://www.usaveinclinics.com).

The doctors at USA Vein Clinics include graduates of Harvard and Stanford medical schools and are extensively trained in vascular medicine. USA Vein Clinics has offices in Los Angeles, Chicago, Boston, New York City, Philadelphia, Tinton, New Jersey, Washington DC, Georgia and Arkansas.

Thirty million Americans suffer with varicose veins. Fifty percent of all people over the age of 50 have varicose veins and 300,000 people a year die due to complications of vein disease. Varicose veins are painful and can cause other health issues such as ulcers and blood clots. Age, family history, obesity and occupations that require standing on the feet all day are risk factors for varicose veins.

# Jimmy Carter says he no longer needs cancer treatments

The former president shared his news at a Sunday school class he teaches in his hometown of Plains, Georgia.

Former President Jimmy Carter said on Sunday that he will no longer need treatment for melanoma, a type of skin cancer that had spread to his liver and brain, a spokeswoman said.

The 91-year-old Nobel Peace Prize winner will continue to be observed by doctors, but will not need treatment with a promising immunotherapy drug that helps the body's immune system target cancer cells, said Deanna Congilio, spokeswoman for his nonprofit public policy center, the Carter Center.

Congilio told Reuters in an email that if doctors find that the former president's cancer returns, he will resume treatment at Emory University's Winship Cancer Institute, where he received radiation and immunotherapy treatment from August 2015 through February, 2016. Doctors also surgically removed a portion of his liver where melanoma lesions were present.

Carter started treatment in August for melanoma that had spread from his liver to his brain. In December, he said he was cancer-free but that he would continue to receive treatment. At the time, Carter



Jimmy Carter GETTY IMAGES

said he would continue to receive regular doses of pembrolizumab, a new treatment that is part of a promising class of drugs that harness the body's immune system to fight cancer. The immunotherapy is manufactured by Merck & Co. under the brand name Keytruda.

REUTERS

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# Ray Tomlinson, godfather of email, dies at age 74

Ray Tomlinson, considered to be the godfather of email, has died, according to his employer, Raytheon Company. He was 74.

"A true technology pioneer, Ray was the man who brought us email in the early days of networked computers," Raytheon spokesman Mike Doble said in a statement.

Doble said Tomlinson died on Saturday morning but he did not know if he was at home and did not have a confirmed cause of death. Tomlinson worked in the company's Cambridge, Massachusetts, office.

An article in the Sydney Morning Herald reported that Tomlinson had died of a suspected heart attack.

The tech world reacted with sadness over the passing of Tomlinson, somewhat of a cult hero



Tomlinson in 2004 WIKIPEDIA

for his 1971 invention of a program for ARPANET, the Internet's predecessor, that allowed people to send person-to-person messages to other computer users on other servers.

"Thank you, Ray Tomlinson, for inventing email and putting the @ sign on the map," read a Tweet from Gmail's official Twitter account.

Internet pioneer Vinton Cerf called his death "very sad news."

Tomlinson was inducted into the Internet Hall of Fame in 2012.

"His work changed the way the world com-

municates and yet, for all his accomplishments, he remained humble, kind and generous with his time and talents," Doble said.

Originally from Amsterdam, New York, Tomlinson went to school at the Rensselaer Polytechnic Institute and MIT in the 1960s, and was working at research and development company Bolt Beranek and Newman — now Raytheon BBN Technologies — when he made his email breakthrough.

The program changed the way people communicate both in business and in personal life, revolutionizing how "millions of people shop, bank, and keep in touch with friends and family, whether they are across town or across oceans," reads his biography on the Internet Hall of Fame website.

REUTERS



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## BRIEFS

**Flint becomes U.S. Democratic flash point, but residents want action**

The Flint water crisis has united Democrats Hillary Clinton and Bernie Sanders in outrage, but some residents suffering through the city's major public health scandal want more than talking points from the presidential contenders.

As Flint becomes the focal point of the Michigan primary battle after hosting a national-

ly televised debate on Sunday, residents want to see Clinton and Sanders push harder for funding to replace the city's crumbling water pipes, pay for long-term medical needs and lower their water bills.

"We don't want our pain to be exploited as a political backdrop. We need more from both of the candidates," said Nayyirah Shariff, a Flint resident and co-founder of the activist Flint Democracy

Defense League who has met with both Clinton and Sanders. REUTERS

**Trump, Cruz angling for one-on-one Republican race**

The Republican front-runner, billionaire Donald Trump, and Sen. Ted Cruz were angling for a two-man race for the party's presidential nomination on Sunday after evenly splitting four state nominating contests.

The wins for Trump and Cruz were a setback for party leaders, who have largely opposed Trump and hinted they prefer Marco Rubio, who took third or fourth in Saturday's four Republican contests.

"I think it's time that he dropped out of the race," Trump said of Rubio late on Saturday. "I want Ted one-on-one."

Cruz has been predicting a two-man race with Trump for

several weeks.

On Sunday, Rubio was projected to win in Puerto Rico, his second victory to date in nominating contests across U.S. states and territories. CNN said that with a quarter of the votes counted, Rubio had secured nearly 75 percent of the vote.

Ohio Gov. John Kasich, the only other candidate remaining from a starting field of 17, has yet to win any state.

The competition moves on Tuesday to Michigan, Mississippi, Idaho and Hawaii where Trump hopes to expand his lead ahead of a party convention in July.

In an interview on Sunday, Democratic front-runner Hillary Clinton, 68, played down the legal uncertainty over a federal investigation into her use of a private email server while she was Obama's secretary of state from 2009 to 2013. REUTERS



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University of Massachusetts Dartmouth GETTY IMAGES

## Boston Marathon movie can't film at bomber's former university

The Massachusetts university attended by the man convicted in the Boston Marathon bombing has told filmmakers they cannot shoot scenes on campus for an upcoming movie about the deadly attack.

Gerry Kavanaugh, the acting chancellor of the University of Massachusetts in Dartmouth, said in a statement that the school would turn down the request from CBS Films because a movie shoot would be "too disruptive to our campus community."

Dzhokhar Tsarnaev was a sophomore at the school when he and his older brother, Tamerlan, carried out the April 2013 bombing, which killed three and injured hundreds.

The movie, called "Patriots Day," stars Mark Wahlberg and is scheduled for release in December. Kavanaugh said the administration had

discussed the producers' request with students, faculty, staff and other stakeholders before deciding to decline it. Dzhokhar Tsarnaev was convicted at trial and sentenced to death. Tamerlan Tsarnaev died in a shootout with police in Watertown, Massachusetts.

Last month, Watertown officials rejected a request from the filmmakers to recreate the shootout in the neighborhood where it occurred.

Two of Dzhokhar Tsarnaev's friends at UMass Dartmouth were sentenced to prison for removing a backpack containing empty fireworks shells from his dormitory room while a massive manhunt was underway three days after the attack. A third college friend was sentenced for lying to investigators about the incident. JOSEPH AX (REUTERS)



# Florida woman faces charges after crashing in Daytona racetrack infield

A Florida woman faces drunken driving and other charges after plowing through the infield at the Daytona International Speedway and injuring four people, police said.

Abbie Kinney, 43, of Cocoa Beach, Florida, remained in jail on Sunday after she crashed her Toyota pickup into four people and six motor homes and vehicles in track's infield, where race fans were camping, early Saturday, according to a report by the Daytona Beach Police Department.

She told officers she had drunk three beers and "shouldn't have been driving," the report said.

Kinney was found at the wheel of her vehicle after the crash, which



Daytona International Speedway GETTY IMAGES

happened shortly after 2 a.m., the report said. A breath test showed her blood-alcohol content at more than twice the legal limit for driving, the report said.

She faces charges of driving under the influence as well as alcohol-related injury of persons and property.

The crash happened in the Lake Lloyd area

of the infield, a popular spot for pre-race camping by fans.

The racetrack was host to motorsports events over the weekend, including the Daytona Supercross by Honda, according to the track website.

The famed track hosted the Daytona 500 race on Feb. 21.

REUTERS

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# Can Baby Boomers Avoid Knee Surgery With Modern Arthritis Treatments?

## Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment of cancer,"* noted the clinic director at the OsteoRelief Institute in New York City. *"The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

**What is the "correct treatment?"**

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

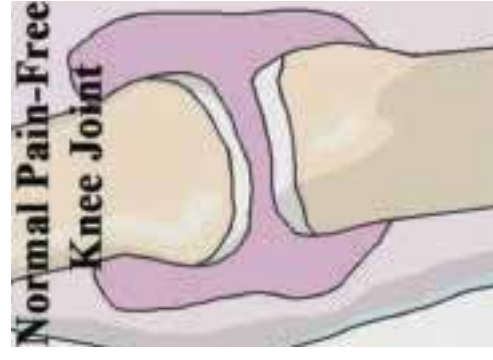
The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."*



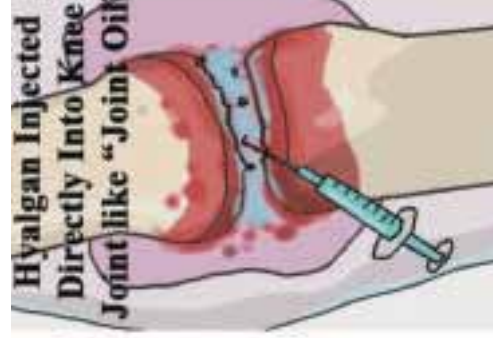
**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



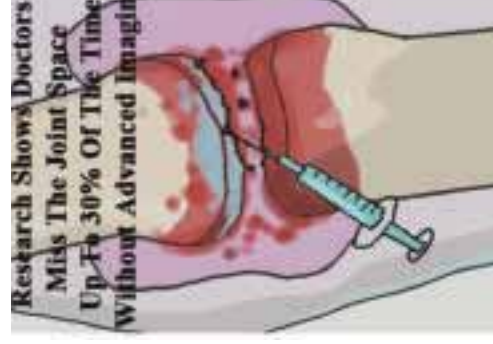
**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



**Pain** - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



**Successful Treatment** - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



**Failed Treatment** - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.



# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

## Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

### Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

### Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the rooster's head. It is extracted from the rooster's comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

### Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You

can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

### Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time."* said the director of Arthritis Treatment at OsteoRelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries."* added the director.

### How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments.



**Advanced Medical Technology Can Make All The Difference:** This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

**All you have to do is call 800-227-KNEE (5633) If You Can Answer Yes - You Are Eligible right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening."**

**The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.**

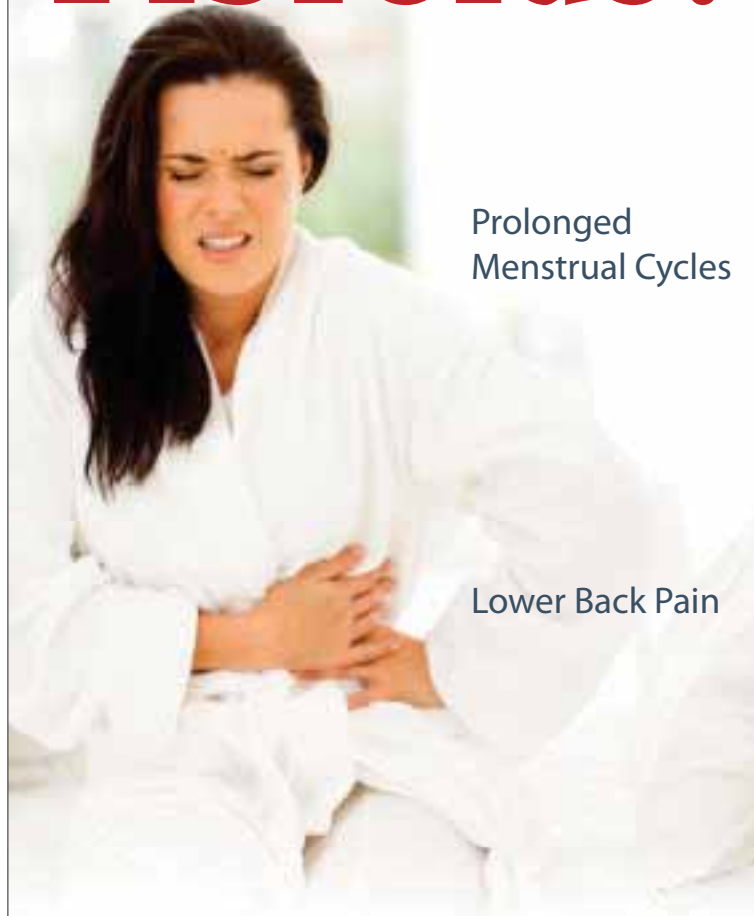
### And here's something really important

- Viscosupplementation treatments are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

**Do you have pain and osteoarthritis (arthritis) of the knee?**  
**Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?**  
**Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?**

**If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).**

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- ☒ Pressure in your lower abdomen
- ☒ Pain during intercourse

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# Study shows how Zika could cause fetal brain defects

While the review does not give proof of cause, it does show where the virus might be inflicting damage in utero.

The Zika virus is capable of quickly infecting and harming developing fetal brain cells, scientists said Friday in a study that provides insight into how the virus might cause the birth defect microcephaly in fetuses exposed in the womb.

The researchers said their study, published in the journal *Cell Stem Cell*, does not provide proof of a direct causal link between Zika and microcephaly,

but it does identify where the virus may be inflicting the most damage in developing fetuses.

The mosquito-borne virus infects a kind of neural stem cell that goes on to form the cerebral cortex, the brain's outer layer responsible for intellectual capabilities and higher mental functions, the study showed.

Researchers found that these cells, exposed to the virus in laboratory dishes, were infected within three days, turned into "virus factories" for viral replication and died more quickly than normal.

"Our study shows once the virus gets to the brain it can reach these very important cells," researcher Hengli Tang, the study's lead author from Florida

State University, said in an interview.

Tang said the study suggests the virus would be capable of doing the damage seen in microcephaly, a condition defined by unusually small heads that can result in developmental problems.

Zika has been linked to numerous cases of microcephaly in Brazil and is spreading rapidly in Latin America and Caribbean nations, prompting the World Health Organization to declare a global public health emergency.

Much remains unknown about Zika, including whether the virus actually causes microcephaly. Brazil said it has confirmed more than 640 cases of microcephaly, and considers most of

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View of a poster against the *Aedes aegypti* mosquito on the door of seven months pregnant Maribel Gomez's house in Cali, Colombia. GETTY IMAGES

them to be related to Zika infections in the mothers. Brazil is investigating more than 4,200 additional suspected cases of microcephaly.

"By determining whether Zika virus infects cells in the brain and what happens to a cell that is infected, this paper begins to tackle questions surrounding how a virus that had previously been known to cause a mild illness could be linked to mi-

crocephaly," Amelia Pinto, a St. Louis University expert on viruses transmitted by arthropods such as mosquitoes and ticks, said in a statement.

Tang said more studies will be needed to prove whether or not Zika causes microcephaly.

"We know people would be interested in knowing this information, but a lot still needs to be done," Tang said. "Ultimately the proof would

need to come from the clinical side and animal studies."

The researchers are growing in the laboratory what they called "mini-brains" composed of the stem cells to see how the virus may affect development over a longer period of time.

Traces of Zika virus have been found in the bodily fluids and tissue of mothers and babies affected by microcephaly. REUTERS

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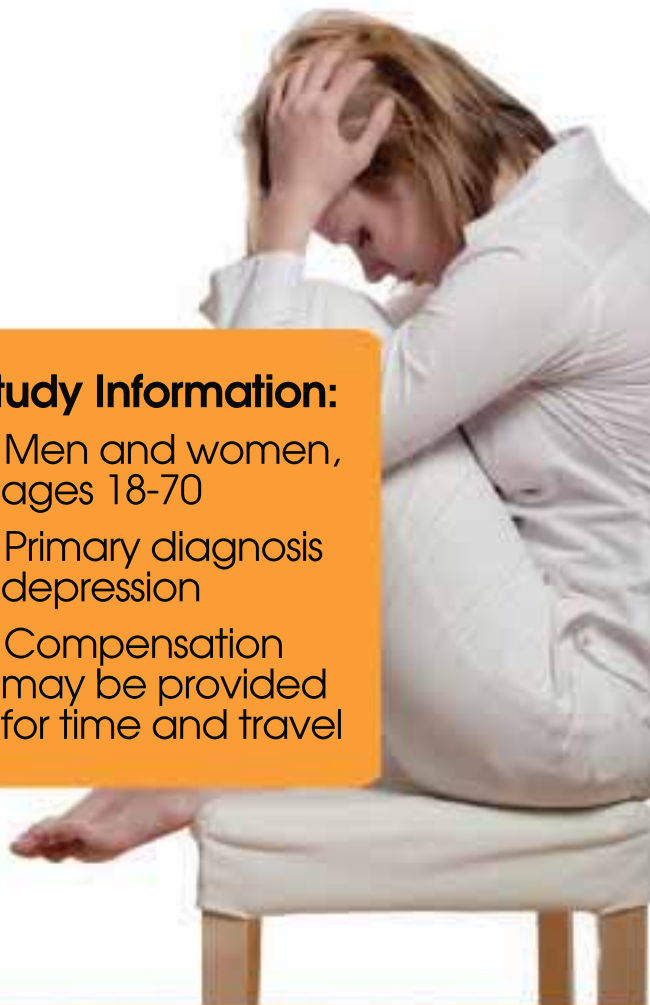
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## Lena Dunham hospitalized

Lena Dunham has certainly had better weekends. The "Girls" creator was hospitalized for a ruptured ovarian cyst, a condition that required surgery, her reps confirm in a statement. "Lena Dunham has been very public with her personal bouts with endometriosis. This morning, she suffered from an ovarian cyst rupture and

has been taken to the hospital," her rep said Saturday. "Lena will be undergoing surgery at an undisclosed hospital. We thank you for your understanding and hope that Lena's privacy will be respected." Here's hoping Dunham — who has been sitting out press activity for the new season of "Girls" due to her condition — has a speedy recovery.

## Nina Simone's daughter defends Zoe Saldana

Zoe Saldana faced a ton of backlash last week when the trailer debuted for "Nina," her long-delayed Nina Simone biopic, and a good deal of it came straight from the Twitter account for the estate of Simone, with pointed messages like, "Please take Nina's name out your mouth. For the rest of your life," or the simple posting of a video of Simone singing "Go to Hell." Many assumed it was Simone's daughter, Kelly, behind the tweets, but she swears she didn't write them, as she doesn't run that Twitter account — and she feels bad for Saldana. "It's unfortu-

nate that Zoe Saldana is being attacked so viciously when she is someone who is part of a larger picture," Kelly tells Time magazine. "It's clear she brought her best to this project, but unfortunately she's being attacked when she's not responsible for any of the writing or the lies." Kelly is still not down with the film, though. Upon watching the trailer, she "didn't feel much of anything except for poor Zoe," she says. "This is not how you want your loved ones remembered."



@rickygervais

The fact that there are warnings like "Do not drink" on bottles of bleach makes me realise that Donald Trump can become president.



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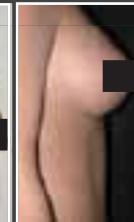
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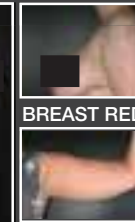
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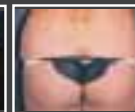
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# A freewheeling chat with Billy Bob Thornton

The Oscar nominee talks about “Whiskey Tango Foxtrot,” but also TV, “Bad Santa 2” and “The Searchers.”



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

“I’m a stream of consciousness guy,” Billy Bob Thornton tells us. We’re talking about “Whiskey Tango Foxtrot,” the new war dramedy starring Tina Fey as a correspondent in Afghanistan, featuring the Oscar-nominated actor, 60, in a small part as an ornery general. But the conversation drifts all over the place — from his experiences with TV thanks to “ Fargo ” to the sequel to “ Bad Santa ,” which he was just shooting in Montreal, to his dislike of John Ford’s classic Western “ The Searchers .” Here’s the highlights:

On Tina Fey’s funny but



Billy Bob Thornton plays an ornery general dealing with Tina Fey’s war correspondent in “ Whiskey Tango Foxtrot .” PARAMOUNT PICTURES

## realistic performance in “ Whiskey ”:

“ Tina didn’t telegraph her emotions. She just let it happen. She didn’t overdo it, which some people tend to do. I call it ‘ The Actor Face .’ The ‘ Actor Face ’ is usually on the posters. It’s this

slightly bewildered and horrified look. We don’t usually do those in the movies. That face is just for the poster.”

## His beef with movies today (or one of them):

“ These days dramas are over-earnest. Every

moment is like a soap opera. And comedies don’t have heart. They just make them broad and funny to appeal to a broad audience. I love the mixture of drama and humor in movies.”

## What to expect from “ Bad Santa 2 ”:

Some of the nasty stuff is even nastier, but this one has more heart — even compared to the heart of the first one, which did have a beating heart. It goes to both extremes a little more. We have a couple scenes that you could put in ‘ On the Waterfront .’ ”

## Wanting to do more TV after “ Fargo ”:

“ TV is where I go to get my fix that’s replacing what I used to be able to do. I came up in the heyday of independent film. Now premium cable networks have taken over what independent film was for a lot of us. Actors are clamoring to get on TV now. I’m absolutely

planning to do more. I’ve even toyed with creating a show, not necessarily for myself but as a writer-creator.”

## Disliking John Ford’s “ The Searchers ”:

“ The story is wonderful. What I didn’t like was how uneven it was. You had some performances [like John Wayne’s] that were actually grounded and really good. Then there were others that were so over-the-top it was like they were in a Yosemite Sam cartoon. But I find that in John Ford movies in general: There’s always an unevenness in the acting. This is an example of where mixing drama and comedy didn’t work, because they could become goofy. You’d have a Vaudeville moment then an Elia Kazan moment. You don’t want to spread them that far apart.”



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# Feel liberated with 'Simply Laura' star Laura Vitale

"This season we pulled out all the stops," she says of the upcoming episodes.



At age 12, Laura Vitale moved to the U.S. from Italy, and although she's found a home away from home in South Jersey, she stays connected to her roots through food. "I didn't realize how much [cooking] fed my soul until I moved away and I missed it," she recalls. She was so homesick that she'd cry over the phone to her nonna, who eventually got fed up with the complaints and suggested Vitale try cooking their family recipes for herself. So that's exactly what she did. "Just the smell of those dishes cooking made me feel better," she says. "It instantly made me feel connected."

Vitale's love of food

inspired her to start her YouTube series "Laura in the Kitchen" in 2010. Since then, she's acquired millions of viewers and now stars on Cooking Channel's "Simply Laura," which airs on Saturdays at 10:30 a.m.

She may not be a trained chef, but her philosophy is relatable. "I like to cook because of how it makes me feel," she explains. "I don't cook to impress. I cook to feed my soul. I don't think I'll ever be able to stop."

## What to expect this season

The first season of "Simply Laura" was more of an introduction, bringing her cooking style from YouTube to TV. As for season two, Vitale says, "This season we pulled out all the stops. It's still so much heart. You're going to get to see so many of my friends and family."

In the season premiere, Vitale cooks



up a restaurant-style meal for a date night in with her husband. The recipes include New York strip steaks, green beans with herbed butter, crispy ribollita and amaretto tiramisu. "I want to reach those people who are perhaps

feeling like they're stuck in a rut when it comes to getting that passion to get back in the kitchen," she explains. "If I can do it, anybody can do it. When you watch that show, you'll instantly feel like you're part of my family."

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Head to Metro.us for Laura Vitale's recipe for broccoli rabe, sausage and pesto pasta. PROVIDED

### Dream dinner party

If Vitale could invite any three people — living or dead — over for a dinner party, she'd choose an eclectic group. First is Nonna, whom she dubs her "toughest critic."

Next, she'd select Johnny Cash, because she's a big fan and feels like she was born in the wrong era. Last but not least, she would pick English cook

Nigella Lawson because they have similar food philosophies.

### Make it your own

"My biggest tip to anyone when it comes to cooking is to not be afraid to put your own spin on it," Vitale says. "I want people to feel liberated, not like they're bound to a recipe or that it won't taste right if they don't do it exactly as written."

She shares her

broccoli rabe, sausage, and pesto pasta recipe with us, saying, "You will go crazy over this pasta dish because it's insanely easy. ... My mouth salivates just thinking about it." You can even swap in kale or spinach, if you prefer; the options are endless. "Add different veggies, different herbs, and before you know it, you put a stamp on a brand-new recipe and you'll make it completely your own."

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The study, conducted by SmartAsset, determined state-by-state school caliber using seven metrics of quality including graduation rates, college attendance rates and student-teacher ratio.

In general, the East Coast outperformed the West, and states like Arizona, Oregon and Nevada, which ranked at the bottom, have below average graduation rates.

New York had a revenue increase of more than \$800 per student compared with 2015, says Nick Wallace, a data editor for SmartAsset.

Says Wallace, "Ac-

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48. Arizona
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50. Nevada

cording to the National Education Association, New York's public school revenue per student is \$21,225, which places it second in the country when it comes to funding per student." **ALIZAH SALARIO**

# All the feels

These Lady Bosses bust the myth that women are "too emotional" at work.



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Female bosses struggle against the stereotype that women can't be both competent and likable. Finding support can be hard, particularly in creative fields.

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ass in work and life."

At a recent Lady Boss event, founder/director Tracy Candido, Kat Kinsman, editor-at-large of Tasting Table and the author of the forthcoming book "Hi, Anxiety" and Elizabeth Valleau, a creative director, entrepreneur and musician known for her projects Empire Mayonnaise and the art collective WOLVVES, offered their best advice for bosses and dealing with emotions in the workplace.

### Emotional intelligence vs. emotional honesty

Being a boss requires being accountable to others, says Valleau. Freaking out can shake the faith of people depending on you, but that doesn't mean you should strive to be an emotionless automaton, either.

"I personally do my best work when I can be a human," says Kinsman.

"Going into a place where you feel like people are on the same kind of path, where you don't feel like you have to apologize for yourself whatsoever is a huge thing."

"There's emotional intelligence and emotional honesty," adds Valleau. "The stereotype that women are overly emotional is one of the tools that's used to keep us from places of power, and places of creativity," says Valleau. She suggests "dealing with the stereotype head on, and using it as a teachable moment to show that emotions aren't bad. What's bad is using them in a manipulative way or in a vulnerable way that's not appropriate in the workplace."

### Find your inner frat boy

Ambitious women are often taught to downplay their desires, and as a result, says Valleau, "there's

very few professional resources for young women who specifically want to be the boss ... even if we haven't made it yet, the desire to be really awesome seems unladylike somehow."

Kinsman's strategy? "I do a little exercise where I tell myself, channel your inner frat boy — mine's name is Chet — and I think, what would Chet do? Channel that kind of confidence, and don't apologize for having desires and wants."

### Be OK with not being OK

When emotions do run high in a professional situation, don't beat yourself up — but don't freak out, either. Take a beat, and step back. "You might be trying to not explode, but they [other employees] might see you as poised," says Kinsman. "You can always go and bury your face in your dog or your partner later."

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# What are the Jets', Giants' biggest needs when free agency starts?

Both teams look to fill some defensive holes during this offseason.

TONY WILLIAMS  
@TBone8  
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The combine has come and gone, and as the NFL calendar nears its turn — the official season begins March 9 — it's time to take a look at team needs for the New York squads.

Both the Giants and Jets are seeking help in different ways, as the former is starting a new regime with plenty of holes to fill, while the latter is knocking on the playoff door and just a few pieces away from being an actual contender.

Big Blue's needs are a laundry list, but for a team that insists it's not in a rebuild, they'd be better off looking to fill gaps via free agency since a draftee may take years to contribute, unless he breaks out like Odell Beckham Jr., but that's not often realistic — even with the No. 10 pick. Luckily for them, there's plenty of good veterans that can fill immediate holes. And even more for-



Mario Williams is one of free agency's biggest prizes, and could be a great fit for the Giants. GETTY IMAGES

tuitous, the Giants have an abundance of cash (an estimated \$58 million) to splurge. Sure, it's never been general manager Jerry Reese's policy to

shop hard in free agency, but with his seat as hot as it's ever been, he may just have to break his self-imposed embargo.

Here are needs to fill

for Big Blue:

## 1 Defensive end/pass rusher

It may be one of the most obvious needs in the league, but with the Giants having only 23 sacks last season, it's a glaring hole. Whether they re-sign defensive end Jason Pierre-Paul (one sack and 25 tackles) or not, the Giants need a major upgrade. Add to the fact that versatile defensive lineman Cullen Jenkins and rush ends George Selvie and Robert Ayers Jr. (9.5 sacks) are also free agents, Big Blue may be looking to stock up this offseason. Names to keep an eye on include former Buffalo Bills lineman Mario Williams, ex-Dolphin Olivier Vernon, Broncos free agent Malik Jackson and former Seahawk Bruce Irvin, who is deft at splitting time between outside linebacker and rush end on obvious passing downs.

## 2 Linebacker

This unit is as desperate for talent as

## Jets need a rush linebacker

The Jets, unlike their co-tenants, have the luxury of adding great talent through the draft and meld them with their veteran leadership. Or, they can dabble in free agency to fill holes, but with roughly \$14 million in cap space, their best route is to add stellar — and affordable — collegiate talent via the rookie pay scale.

While sitting at No. 20, there is still value for them, as many mock drafts have them selecting a guy who could be a plug-and-play rookie who also addresses a need. Ohio State University running back Ezekiel Elliot could still be there by the time the Jets pick. And with Chris Ivory set to be a free agent, Elliot could slide right in and be the linchpin in the backfield.

Another position where a youth movement could be served is rush linebacker. Last season, first-year head coach and defensive genius Todd Bowles needed to blitz a lot to

create havoc on quarterbacks. But if the Jets select former University of Georgia outside linebacker Leonard Floyd, Gang Green could have the guy to take the torch from an aging Calvin Pace, who will turn 36 next season. Floyd's combine was a coming out party for him. He had a vertical jump of 39½ inches (second among linebackers), a 10-foot-7-inch broad jump (third best), and ran a 4.60 40-yard dash (fifth best). He measured at 6-foot-5 and 244 pounds — 13 pounds heavier than his listed weight at Georgia, which showed he's trying to erase the stigma that he's too light to combat NFL offensive tackles. An NFL comparison to the lean and explosive Floyd is Browns rush end Barkevious Mingo. And while Mingo's role has never been fully defined for dysfunctional Cleveland, Bowles would know just what to do with the freakishly athletic Floyd.

the deprived defensive line. Aside from outside linebacker Devon Kennard, the Giants have no playmakers on the second level. And as much potential that Kennard has flashed, he has a difficult time staying healthy. Last season's corps was a mix-and-match unit with nondescript names like Mark Herzlich, Jasper Brinkley, J.T. Thomas, and Uani Unga seeing considerable action. It's been a long time since the Giants had a stud at linebacker — and even longer since they drafted one. So, look for the upgrading to come via free agency with names like Irvin, Danny Trevathan of the Broncos, and former Ram James Laurinaitis, who was drafted by the Giants' current defensive coordinator Steve Spagnuolo when he was head coach in St. Louis, in 2009.

**3 Defensive back** Defense seems to be the theme for Big Blue, and the secondary is no different. Although it wasn't nearly as

anemic as the front seven, the secondary could definitely use an upgrade. Cornerback Prince Amukamara may not be re-signed, but even if he is, the Giants need to get more talent in the back four. Running mate Dominique Rodgers-Cromartie is the top returning cornerback, and safety Landon Collins could be a future star, but after them it's a who's who. Names like Cooper Taylor, Nat Behre, Trumaine McBride, Craig Dahl, and Jayron Hosley don't strike fear into opponents. So, look for the Giants to try and woo names like Janoris Jenkins of the Rams, or Casey Hayward of the Packers. Jenkins' teammate, Trumaine Johnson, would be a better option, but reports are that the Rams will slap the franchise tag on him. And Giants fans can essentially forget about Josh Norman of the Panthers, who will likely get tagged — but it would have been great to see how he and Beckham could've coexisted.

## Farewell to greatness



The Denver Broncos announced that Peyton Manning, the NFL's all-time passing leader and two-time Super Bowl champion (among a bevy of other accomplishments) was retiring. The quarterback will hold a press conference Monday to officially step away from the game. GETTY IMAGES



# MALUSIS: NFL SHOWS IT STILL HAS A WAYS TO GO

## OPINION



**MARC MALUSIS**  
@marcmalusis

As the annual pilgrimage to Indianapolis took place and the NFL scouting combine got underway, the usual took place as NFL prospects were weighed and measured by teams physically and mentally to see how they will translate as players from college to the pros.

Players were put through the gauntlet and scouts, coaches and GMs wanted to see how they graded out. From that came the eye-opening story of draft prospect Eli Apple, who was asked about his sexual orientation, and we came to realize that in the football community the more things change, the more things stay the same.

Now in all likelihood, the Falcons never thought they would be named when Apple was asked, "what is the craziest question you were asked at the combine?" The fact that someone representing the Falcons thought they had the right to ask the ques-



Eli Apple has made headlines for an unusual reason. GETTY IMAGES

tion is the problem.

First off, that line of questioning is against the law. Secondly, it shows you that no matter what the NFL or the Falcons say, the true acceptance of a gay athlete in NFL locker rooms has a long ways to go. I am sure the Atlanta Falcons are not the only team that asked that question in Indianapolis, they were the only ones that were outed.

Someone representing an NFL team thought it was relevant information to find out the sexual orientation of a draft prospect. The NFL can send out memos and issue statements, but what really needs to happen to those that represent the NFL shield is they need to evolve and be educated and there needs to be more acceptance.

According to

Apple, the coach then responded, "if you're going to come to Atlanta, sometimes that's how it is around here, you're going to have to get used to it." So as much as the NFL wants to preach acceptance, we get another slap across the face of the stark reality of what is really going on. The Falcons immediately went into CYA mode.

Head Coach Dan Quinn issued a statement Friday afternoon: "I am really disappointed in the question that was asked by one of our coaches. I have spoken to the coach that interviewed Eli Apple and explained to him how inappropriate and unprofessional this was. I have reiterated this to the entire coaching staff and I want to apologize to Eli for this even coming up."

Last week's story further cemented home to gay athletes across this country that they cannot yet let people see who they really are, which is very sad. So, as much as the NFL wants to talk about acceptance, we know actions speak louder than words. The actions of the Falcons last week shows you the NFL has a long way to go.

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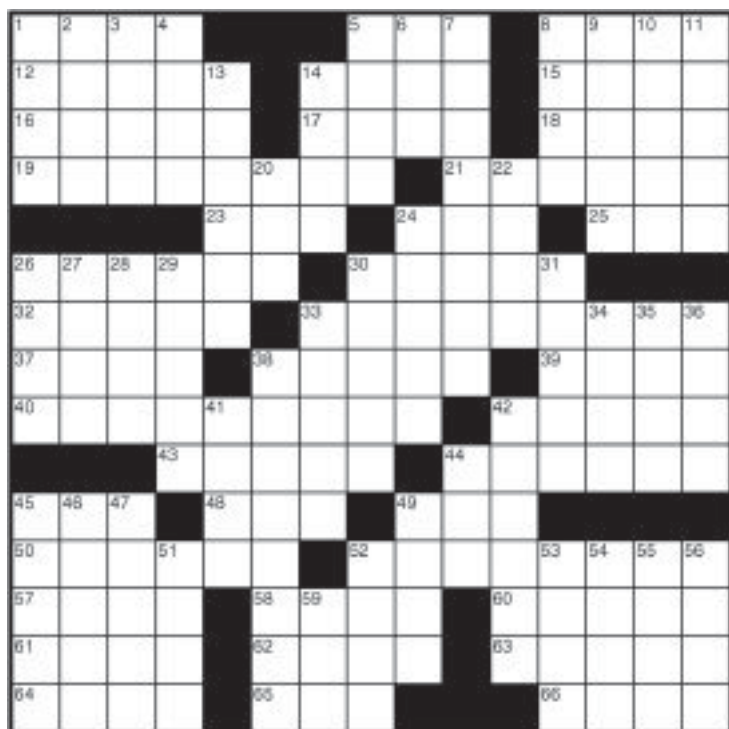
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## metro.us/crossword



### Across

- 1 "10-4" sayer
- 5 Kind of tent
- 8 Greenish-blue
- 12 Cool
- 14 Man of the haus
- 15 Out of room
- 16 Slowly, in music
- 17 Popular cookie
- 18 Hindu royalty
- 19 Shiitake, e.g.
- 21 Orchestra strings
- 23 Economic ind.
- 24 Contractor's figure
- 25 Ran into
- 26 Hollow reed
- 30 Loses color
- 32 On the qui vive
- 33 Fish talk? (2 wds.)
- 37 Exotic island
- 38 Peppermint goodies
- 39 Cats do it
- 40 Mini-planets
- 42 Bakery lure
- 43 White-water peril
- 44 Diminish
- 45 Bail out
- 48 Roast beef au —
- 49 Tractor-trailer
- 50 Groupie welcome
- 52 Blabbed (2 wds.)
- 57 Diamond, once
- 58 Ho-hum

## metro.us /games

- 60 Fridge maker
- 61 Calligraphy media
- 62 Ca++, for one
- 63 More upscale
- 64 Palm reader's opener (2 wds.)
- 65 Leo mo.
- 66 Like wild oats

### Down

- 1 Reassure
- 2 Roquefort hue
- 3 Geologic time divisions
- 4 Portnoy's creator
- 5 Beauty parlor special
- 6 Suffix for forfeit
- 7 Furnishes

- 8 1960s hairdo
- 9 Second thought
- 10 They parallel radii
- 11 Elite (2 wds.)
- 13 Overlooked
- 14 Cager's target
- 20 Lennon's Yoko
- 22 Fateful day
- 24 Swelters
- 26 Rum cake
- 27 Anguished wail
- 28 Unfreeze
- 29 Short
- 30 Real bargains
- 31 Trains for boxing
- 33 Mop companions
- 34 Psyche's beloved
- 35 Crowning point
- 36 Kublai —
- 38 A Carolina capital
- 41 Elephant owner, maybe
- 42 Crete's sea
- 44 54, to Flavius
- 45 PC character code
- 46 Images
- 47 Elizabethan buccaneer
- 49 Bleacher shouts
- 51 Threat ender
- 52 Pack of hoodlums
- 53 Jacques' pals
- 54 Texas town
- 55 From the top
- 56 Knitter's need
- 59 Mr. Gehrig

## metro.us/sudoku

easy

5	1	9		2				
	4	6	3					1
					4			
1					5	2		
9		4	6		2	3		7
		3	4					9
			5					
2					9	5	3	
				1		4	9	8

hard

2		5		1		8		4
	1			4	3	5	2	
	3							
4				9		2		
			1		2			
		1		8				3
							7	
	6	8	2	3			9	
9		2		7		3		6

## metro.us/horoscopes



**Aries** Don't wait for someone to make the first move. Initiate change based on what you need to do in order to improve your life at home or work.



**Taurus** Stick to what you do best. Don't tempt fate. Abide by the rules and be aware of current trends. Share your knowledge and experience, not your cash.



**Gemini** Don't stop just because someone else does. Push forward until you finish what's expected of you. Your ability to influence others will lead to advancement.



**Cancer** Don't let someone's inconsistency ruin your day. Do your own thing and let your creative imagination be your guide. Handle responsibility your way.



**Leo** Spending money on items or procedures that will help you gain momentum will pay off, as long as you are responsible, shop around for the best deal and stick to a set budget.



**Virgo** Set the standard for the way you want to be treated, and don't let anyone get away with bullying behavior or emotional blackmail. Net-working will lead to a worthwhile partnership.



**Libra** Making a fuss won't solve a problem. An older friend or relative will offer you something of interest. Old dreams, hopes and wishes can be revisited.



**Scorpio** Make changes at home that will add to your comfort and give you the freedom to experiment with an idea you want to pursue. Romance will improve an important relationship.



**Sagittarius** Be truthful and avoid gossip, and arguments over responsibilities. Altering your living arrangements will help ease your stress and give you the freedom to begin a new pursuit.



**Capricorn** Avoid making assumptions. You are best off taking your time and seeing what unfolds before you make a move. Learn from your mistakes and avoid a costly loss.



**Aquarius** Hide your gullibility or do enough research to know when someone is taking advantage of you. Keep your life simple and aim for self-improvement, not trying to change others.



**Pisces** You should try to make your idea a reality. Let your imagination take charge and lead the way. A gifted individual will want to contribute to your plan. **EUGENIA LAST**

### Yesterday's answers



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